

Lake Johnson Waterfront Center

4601 Avent Ferry Road, Raleigh, NC 27606
Phone: 919-233-2121

Website: parks.raleighnc.gov



Lake Johnson Running Group

So, you want to run a marathon?
Or, maybe just a half-marathon?
Maybe you want to run a 5km?
Or improve your race time?

We can help you!

Meet new running buddies.

Train with friends.

Get access to experienced coaching.

Train together on the great trails at
Lake Johnson Park.

Learn how to train effectively,
how to prevent injury,
how to benefit from weight training,
effective stretching, pacing, goal-setting and
much more!

The Lake Johnson Running Group (LJRG)
is for runners and joggers of all ages
and abilities.

Each group member receives a dri fit technical
running shirt.

Beginning January 4th,
2011, the LJRG will meet
on Tuesdays from
12pm-2pm and on
Wednesdays
from 4pm to 6pm at the
Lake Johnson
Waterfront Center.
Come dressed and
ready to run!

Course Fee: \$50.00

Fee includes: Personal
coaching, access to
trails, clinics,
dri-fit technical
running shirt, etc.

Barcode: 103800

